MILEY LOVES HER SOME JOAN JETT

THE SINGER DID THE ROCK AND ROLL HALL OF FAME. PAGE 15

metro

BOSTON Monday, April 20, 2015 ww ston

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The heart of the Hoyts

Team Hoyt. After 32 runs, father-son team Dick and Rick Hoyt will not participate in this year's Boston Marathon. PAGE 02

Rick Hoyt, front, celebrates as his father, Dick Hoyt, pushes him across the finish line of the 118th Boston Marathon last year. It was the last time the duo would participate in the race. / GETTY IMAGES

Ben Affleck axed fam's slaveowner history

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How a bad boss can help you move ahead

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Runners seek relief from 'wear and tear'

PAGE 20

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2 'Winners of "The Voice": Where are they now?'

3 'Jets say they haven't given up on Geno Smith, he'll compete to start'

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Dick Hoyt talks about the meaning of the marathon

Marathon heroes. Today's race will go on without the inspirational father-son duo.

It's the end of an era: Dick Hoyt will not be running the Boston Marathon today.

As the marathon's grand marshal, the 74-year-old retired lieutenant colonel in the Air National Guard will be driving along the route in a truck instead of pushing his son, Rick, in his running chair.

Over the course of 32 marathons, the Hoyts have become synonymous with the race. Dick and Rick, who is a spastic quadriplegic with cerebral palsy, first got into running in 1977 at Rick's request. He wanted to partake in a charity run for a lacrosse player who had been paralyzed. His son, said Dick, has been his main motivating factor through all the races — more than 1,000 in total. Their best marathon time came in 1992, when they completed the Marine Corps marathon in 2 hours and 40 minutes.

Dick recalled how spectators along the marathon route have told them that they wait to see the duo race by, then go home and watch them finish the marathon on TV.

It wasn't always like that. When they first started running in the early 1980s, the race organizers "didn't know what to make of us," Dick said.

"They really didn't want us in the marathon; they thought, 'What is this?'" Hoyt said. "It's changed. Now when people see us coming down the street they say, 'You guys are the Boston Marathon.'"

The marathon organizers apparently agree.

"Year after year, Dick and Rick Hoyt toed the starting line in Hopkinton to celebrate the Boston Marathon, showing millions of runners and spectators they could achieve anything and that there are no limits," said Tom Grilk, executive director of the Boston Athletic Association in a statement.

Since that first marathon, they've missed the race just twice — once when Dick was hospitalized with cellulitis in his leg and once when he was recovering from a heart attack.

This year Bryan Lyons, a Billerica dentist, will be pushing Rick instead. At 74, Dick is done with marathons.

The duo's last race was supposed to be in 2013. However, the bombings prevented them from finishing. They pledged to come back the next year and did just that. Dick ran through back pain so sharp "I could barely pick up an empty cup at one point."

"My body is starting to tell me to slow down," said Dick, who lives in Holland — a small town on the Connecticut border. Dick admits he doesn't weather the New England cold as well as he used to, either.

"It's tough training, getting out there in the cold weather, especially this winter, the snow, the piles are everywhere and you have the cars going by," he said. "Before it didn't bother me. Now that I'm older, I get cold."

Dick still plans on doing between 15 and 20 races a year with Rick, but those races will be shorter than marathons — 5Ks or 10Ks. He still wakes up, has a healthy breakfast of yogurt and fruit then goes down to his local health club for two and a half to three hours to swim, run or bike. He also travels across the country working as a motivational speaker.

What's he going to miss about running the race?

"Everything," he said. "All the people. The crowds are just unbelievable."

His advice for first-time marathoners is simple: Start off slow. The beginning portions of the race are all downhill.

"A lot of people take off," he said. "That's the toughest part. I've had blood blisters at 6 or 7 miles. It's not fun."

He also says people should hydrate themselves. Start off with water, then switch between water and Gatorade in the latter stages of the race.

He's asked if there's any silver lining to not running the marathon.

"This year, I'm going to beat Rick for the first time," he joked.

Dick Hoyt, left, and his son Rick at the starting line in Hopkinton, on April 15, 2013, during the 117th Boston Marathon. The two stand in front of a statue of the two of them. / GETTY IMAGES

Quoted

"It's tough training, getting out there in the cold weather, especially this winter; the snow, the piles are everywhere and you have the cars going by. Before it didn't bother me. Now that I'm older, I get cold." Dick Hoyt

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If you go

The route

Check out Metro's marathon map on page 13.

Running in the rain. Weather for the marathon could be wet, messy

Rain could mar Marathon Monday, according to forecasts.

The National Weather Service predicts rain Monday, sometime after noon with patchy fog settling in the area after 2 p.m. The high will be near 47, according to the service, and winds coming out of the east will be between 11 and 16 mph increasing to 18 to 23 mph in the afternoon, with gusts reaching as high as 34 mph.

Chance of precipitation is 90 percent, according to the National Weather Service. Rainfall could total between a quarter and a half inch.

Showers are expected to continue into Monday night, with a thunder storm possibly roiling the region sometime before 3 a.m., followed by more showers. DANNY MCDONALD

Runners make their way to the finish line during last year's race. GETTY IMAGES

Life or death?

Bomber's trial turns to sentencing

Convicted Boston Marathon bomber Dzhokhar Tsarnaev is set to return to court tomorrow for the next phase of his trial, when prosecutors will argue that he should be sentenced to death for his role in the deadly attack in 2013.

In sharp contrast to the guilt phase of the trial, when lawyers for Tsarnaev didn't contest that he killed three people and injured 264 in the bombing, the next month is expected to feature emotional testimony from both sides as Tsarnaev fights for his life.

The question of whether Tsarnaev, 21, should live or die is highly controversial around Boston. Polls have shown that a plurality of area residents, 49 percent, prefer a life sentence, and family members of two of the people he killed have also spoken out against executing him. REUTERS

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Animal research

USDA probes Harvard facility

Harvard's New England Primate Research Center, a research facility that has come under major scrutiny for its animal treatment procedures, is now being investigated by the US Department of Agriculture after the death of six tamarins last May.

The investigation began after nine monkeys were sent to the Oregon Zoo. However, shortly after they arrived six died. The zoo cited the cause of death as systemic shock, which can be caused by a number of stress-related factors.

Harvard University in Cambridge
NICOLAUS CZARNECKI, METRO

Some have speculated that it was the method of transportation that killed the monkeys. However, in a statement released at the time, the center provided observation logs for each monkey that refuted those claims. The Boston Globe recently uncovered documents that reported a dozen squirrel monkeys were found dead by dehydration or euthanization due to poor health between 1999 and 2011.

In December 2013, Harvard Medical School was fined $24,036 by the USDA for 11 animal welfare violations between February 2011 and July 2012.

CHRISTINA BEIENE

Ben Affleck at Fenway Park / NICOLAUS CZARNECKI, METRO

Affleck hid slaveholding ancestry

Hacked. According to leaked emails, the Boston-bred actor wanted to hide a family secret.

Hometown boy and Hollywood A-lister Ben Affleck tried to persuade people behind a PBS television show to omit the fact that one of his ancestors was a slaveowner, according to an email exchange released by WikiLeaks.

The exchange, between Harvard professor Henry Gates Louis Jr. and Michael Lynton, the CEO of Sony Entertainment Inc., indicated that Affleck — referred to as "Batman" in the hacked emails — did not want his slaveholding ancestry highlighted in the PBS program "Finding Your Roots," a show hosted and produced by Gates. Affleck is slated to star in the upcoming film "Batman v Superman."

In the emails, Gates appears to bristle at such a request.

"Once we open the door to censorship, we lose control of the brand," he wrote last July.

However, that part of Affleck's ancestry never aired as part of the program.

Gates released a statement on Friday, stating "Ultimately, I maintain editorial control of all of my projects and, with my producers, decide what will make for the most compelling program. In the case of Mr. Affleck, we focused on what we felt were the most interesting aspects of his ancestry — including a Revolutionary War ancestor, a third great-grandfather who was an occult enthusiast and his mother who marched for civil rights during the Freedom Summer of 1964."

DANNY MCDONALD
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Quoted

"Ultimately, I maintain editorial control of all of my projects and, with my producers, decide what will make for the most compelling program. In the case of Mr. Affleck, we focused on what we felt were the most interesting aspects of his ancestry — including a Revolutionary War ancestor, a third great-grandfather who was an occult enthusiast and his mother who marched for civil rights during the Freedom Summer of 1964."

- Harvard professor Henry Gates Louis Jr., in a statement released Friday.

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Transit. Baker says 'we need a fresh look' on transport management

Gov. Charlie Baker reiterated MBTA management needed a "fresh look" in explaining why he asked for the state's transportation board to resign during a talk show that aired Sunday.

Baker, appearing on WCVB's "On The Record," cited an advisory panel's recent report that stated there were problems with the T's productivity and general management.

Asked about the assertion of some Democratic lawmakers that data in that report doesn't match its recommendations, Baker said, "There's no disputing the fact that the T did not spend billions of dollars in available capital funding for signals, switches, systems and infrastructure. That's a huge problem given the fact that everyone agrees that the T has not invested enough in those activities, in those issues."

Baker added that the report indicates that absenteeism amongst T staff is significantly "above any other transit system we can find." He said the T missed opportunities to be prepared for this winter's historic snow, which caused consistent and significant delays to commutes throughout the MBTA system for several weeks. DANNY MCDONALD

Baker beams with pride

Speaking shortly after his first 100 days in the Corner Office, Baker said dealing with the historic amount of snowfall — more than 8 feet of snow was dumped on Boston in about a month's time — was his proudest accomplishment so far.

- "It felt at the time like a pretty big challenge and it's something we weathered reasonably well. Pun intended."

Boston gets boisterous at Boylston Street finish line

Thousands flocked to the iconic Boston Marathon Boylston Street finish line on Sunday to get a picture before today's big race. The 26.2-mile marathon is in its 119th year, and brings together 30,000 runners from 87 countries and draws one million spectators. Eritrean-born Meb Keflezighi won last year's marathon. It was the first time an American had won the race since 1983. Today's top finishers will share $830,000 in prize money.

NICOLAUS CZARNECKI, METRO

Fatality

Train kills man in Fitchburg

A train struck and killed a 57-year-old man in Fitchburg on Saturday night.

The man, whose identity has not been revealed, was struck by a westbound Pan Am Railways train just west of the Fitchburg Commuter Rail station around 9:50 p.m.

Transit Police detectives and representatives of the Worcester County District Attorney's Office are investigating the facts and circumstances leading to the incident. Foul play, according to authorities, is not suspected. DANNY MCDONALD

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EU calls for emergency talks after 700 migrants drown off Libya coast

Boat. The vessel is believed to have capsized when the migrants shifted to one side of the overcrowded fishing boat in the Mediterranean.

Turkish coast guards rescue the migrants after a migrant boat sinks off southwestern Turkey. / GETTY IMAGES

As many as 700 people were feared dead after a fishing boat packed with migrants capsized off the Libyan coast overnight in what officials said may be the Mediterranean's worst disaster as thousands flee poverty and war to Europe.

Top officials in Europe, whose recently downsized border protection program has been criticized by international aid groups, said urgent action was needed. EU foreign policy chief Federica Mogherini said foreign ministers would discuss the issue at a meeting in Luxembourg on Monday.

If confirmed, the death toll would bring to 1,500 the total number of dead since the beginning of the year resulting from the flow of migrants seeking to flee insecurity in sub-Saharan Africa and the Middle East.

Only last week, around 400 migrants were reported to have died attempting to reach Italy from Libya when their boat capsized.

On Sunday, 28 people were rescued and 24 bodies recovered from the 20 meter-long vessel, which sank around 70 miles from the Libyan coast, south of the southern Italian island of Lampedusa, the Italian coast guard said.

The United Nations High Commission for Refugees (UNHCR) said later that around 50 people had been rescued of the 700 reported to be on board.

French President Francois Hollande said the EU had to do more, telling Canal+ television that rescue and disaster prevention efforts needed "more boats, more over flights and a much more intense battle against people trafficking."

Quoted

"A tragedy is unfolding in the Mediterranean, and if the EU and the world continue to close their eyes, it will be judged in the harshest terms as it was judged in the past when it closed its eyes to genocides when the comfortable did nothing." Maltese Prime Minister Joseph Muscat

Capsized boat south of Lampedusa Island

This year

1,500

If the death toll is confirmed, it will bring to 1,500 the total number of people who died this year seeking to reach Europe.

Quoted

"They are literally trying to find people alive among the dead floating in the water."

Muscat

Turkish coast guards rescue the migrants after a migrant boat sinks off southwestern Turkey. / GETTY IMAGES

"More EU countries must take responsibility for the refugee situation," said Sweden's Minister for Justice and Migration Morgan Johansson, who called for an expansion of the EU's Triton border protection program, which only operates within 30 miles of the Italian coast.

The previous search and rescue operation, "Mare Nostrum," was canceled last year because of the cost and because some politicians said it encouraged migrants to depart by raising their hopes of being rescued.

"This disaster confirms how urgent it is to restore a robust rescue-at-sea operation and establish credible legal avenues to reach Europe," said UNHCR head Antonio Guterres.

Italian Prime Minister Matteo Renzi called for an emergency meeting of European Union leaders this week, saying, "We cannot remain insensitive when every day there is a massacre in the Mediterranean." REUTERS

This file photo shows the north side of the Albert P. Murrah Federal Building in Oklahoma City, April 19, 1995. / GETTY IMAGES

Oklahoma City victims remembered 20 years after McVeigh bombing

Bombing. It was carried out by Timothy McVeigh, who was convicted on federal charges and executed.

Hundreds of people gathered on Sunday at the site of the 1995 Oklahoma City bombing to remember the 168 men, women and children killed when a truck stuffed with tons of explosives blew up at a downtown federal building.

Bill Clinton was among the dignitaries who addressed the crowd outside the Oklahoma City National Memorial and Museum.

"Oklahoma City, you had to choose to redeem your terrible losses by having to begin again," said Clinton, who was in his first term in office at the time of the attack, one of the deadliest of its kind ever staged on U.S. soil.

The museum, built over the spot where the destroyed Alfred P. Murrah Federal Building once stood, includes a permanent display of 168 empty chairs, one for each person who died.

On Sunday morning, the seats were adorned with flowers, teddy bears and other mementos. The name of each victim was read aloud by relatives, coworkers and survivors.

"It was 60 minutes of terror," said Oklahoma City Mayor Mick Cornett.

"But our finest hour has lasted 20 years. This city has progressed in a manner that none of us could have foreseen." REUTERS

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Five things you need to know

1 Florida man who landed at US Capitol thought he'd be intercepted

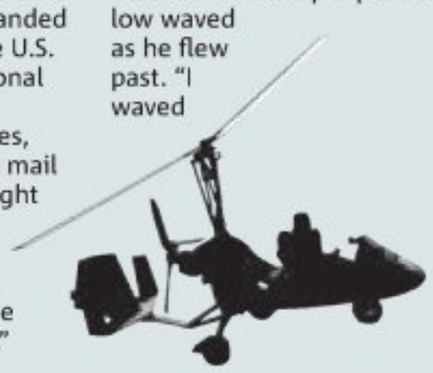
A Florida man who piloted a small gyrocopter past major Washington, D.C. landmarks last week said on Sunday he had fully expected to be intercepted before he landed on the west lawn of the U.S. Capitol, creating a national security scare.

Douglas Mark Hughes, 61, a U.S. Postal Service mail carrier, described his flight upon arriving home in Ruskin, Florida, early on Sunday.

"I had expected to be intercepted on the way," he told reporters gathered outside his home.

He recalled it being colder than he had expected flying from Gettysburg, Pennsylvania, to Washington, where the sight of the Washington Monument helped guide him to the Capitol grounds.

"People were not frightened at all," he said, noting that some of the people below waved as he flew past. "I waved back. That part of it was surreal."



A videotape of his interview was posted on the website of the Tampa Bay Times, which chronicled his extensive preparations for a trip that Hughes intended as a protest to highlight the need for campaign finance reform.

Hughes faces up to four years in prison on charges of unlawfully operating an unregistered aircraft and violating national defense airspace.

He was allowed to return to Florida, but ordered to remain at home in detention until he is due back in Washington for a preliminary hearing on May 8.

REUTERS

2 Millionaire businessman wins Finland election

A millionaire former telecoms executive touted as a technocrat capable of rescuing Finland from economic slump won Sunday's parliamentary election, vote predictions showed, but he may need support of a Euro-skeptical populist party to form a coalition.

Forecasts by state broadcaster YLE based on 60 percent of votes showed opposition Centre Party leader Juha Sipila, who has backing of the urban middle class and rural conservatives, beating pro-Europe and pro-NATO Prime Minister Alexander Stubb.

YLE forecast Sipila won 46 seats in the 200-member parliament, with Stubb's center-right National Coalition with 37 seats and center left Social Democrats with 37 seats. The euro skeptic and anti-immigration Finns Party was fourth with 35 seats.

REUTERS

JUHA SIPILA / GETTY IMAGES

3 Toddler shot in drive-by near Seattle dies in hospital

A 1-year-old girl who was shot in the head during a drive-by shooting near Seattle on Thursday died late Saturday from her wounds, hospital officials said.

Police in Kent, Washington, 20 miles south of Seattle, have not announced any arrests following the Thursday afternoon shooting near an apartment complex.

The child was strapped in a car seat in the back of her parents' car when a black car pulled alongside, and both the car's driver and passenger opened fire on the family's vehicle before driving away, police said in a statement.

She was taken to the hospital in grave condition.

REUTERS

4 Tornado, damaging storms strike Southeast

Storms that damaged homes and toppled trees rolled through the U.S. Southeast on Sunday including a tornado in Alabama, and further severe weather is possible, the National Weather Service said.

The tornado was spotted at 9:30 a.m. in Henry County, in southeastern Alabama, where several rail cars were overturned, the National Weather Service said. REUTERS

The National Weather Service forecast severe thunderstorms, large hail, damaging winds and the possibility of more tornados for the region through Sunday night. / TWITTER

5 Heavy smoke spreading from fire near Los Angeles

Evacuation orders were lifted on Sunday for residents near a fast-moving brushfire east of Los Angeles that had threatened more than 200 homes overnight, even though heavy smoke was still menacing the area, fire department officials said.

The blaze, named the "Highway Fire," had grown to about 980 acres and was 25 percent contained, according to an afternoon update posted on the Riverside County Fire Department website.

Residents sensitive to smoke were cautioned to stay inside as windy conditions blew the haze around the Prado Dam region, about an hour's drive east of Los Angeles in drought-stricken California.

The smoke was affecting communities from Anaheim to Chino Hills and western San Bernardino County, said Captain Liz Brown of the California Department of Forestry and Fire Prevention (CalFire).

REUTERS

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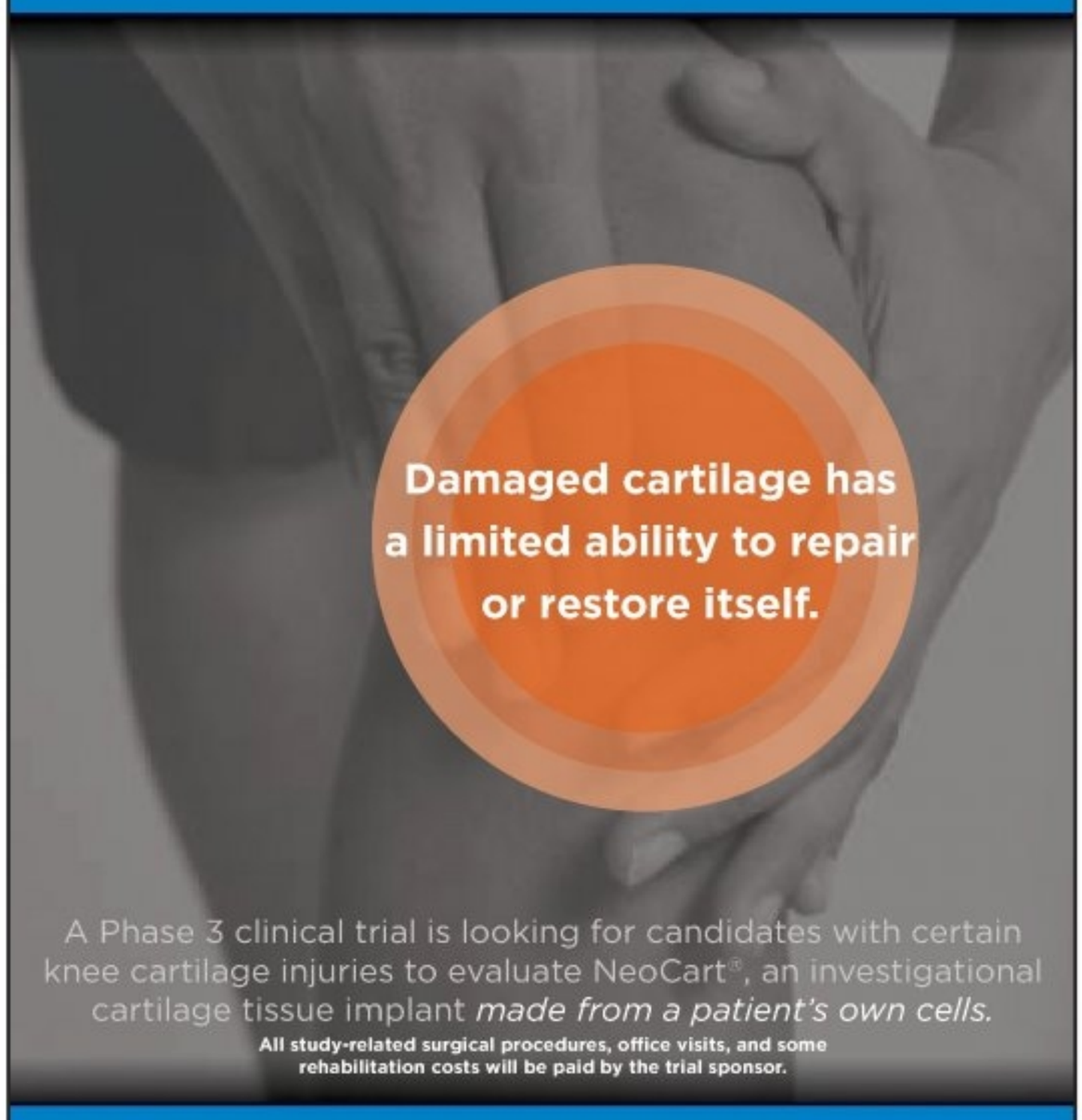
Springtime colors run bright in Paris

Revelers celebrate their arrival by throwing colorful chalk powder after taking part in the second Parisian edition of the "Color Run" in Paris, France, on Sunday. The initiative takes place in cities around the world.

GETTY IMAGES

The last thing you need is
KNEE PAIN
What you might need are options.



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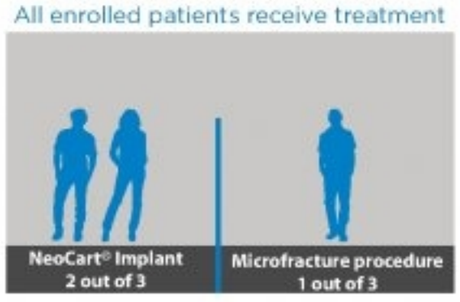

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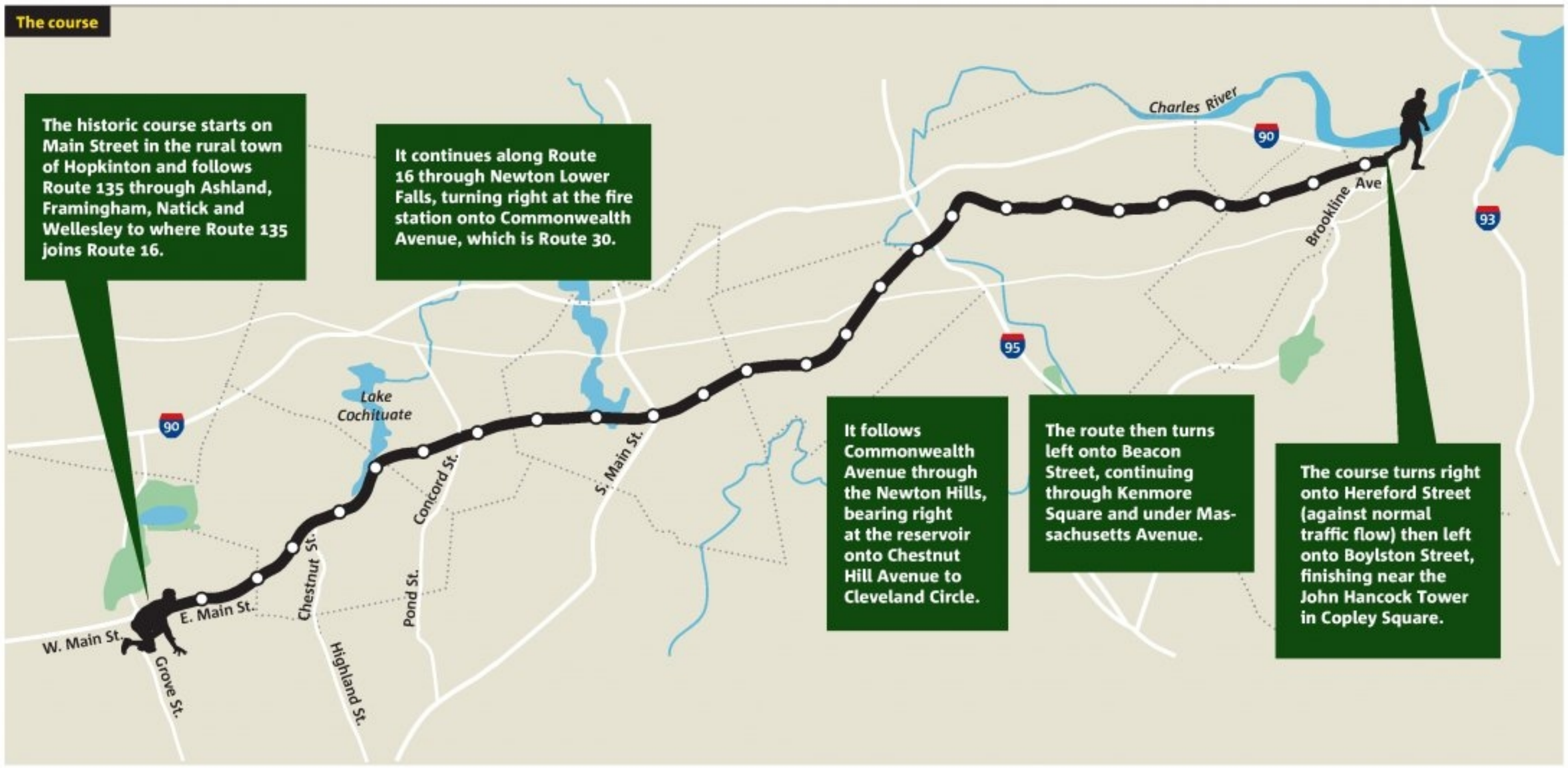
The course


The historic course starts on Main Street in the rural town of Hopkinton and follows Route 135 through Ashland, Framingham, Natick and Wellesley to where Route 135 joins Route 16.
It continues along Route 16 through Newton Lower Falls, turning right at the fire station onto Commonwealth Avenue, which is Route 30.
It follows Commonwealth Avenue through the Newton Hills, bearing right at the reservoir onto Chestnut Hill Avenue to Cleveland Circle.
The route then turns left onto Beacon Street, continuing through Kenmore Square and under Massachusetts Avenue.
The course turns right onto Hereford Street (against normal traffic flow) then left onto Boylston Street, finishing near the John Hancock Tower in Copley Square.
Charles River
Brookline Ave
Lake Cochituate
W. Main St.
E. Main St.
Grove St.
Chestnut St.
Highland St.
Pond St.
Concord St.
S. Main St.
90
95
93

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OMG! Expert on killer robots rails against the rise of the machines

Killer robots are not just the nightmarish scenario from a sci-fi movie fantasy: The prospect of lethal machines obliterating mankind is under discussion at a major U.N. multilateral meeting in Geneva. Mary Wareham, coordinator of the "Campaign to Stop Killer Robots" initiative at Human Rights Watch, talks to Metro.

Mary Wareham / MWN

Visit us online at **Metro.us/omg** for more interviews.

Killer robots — what's all the fuss about?
There are serious ethical, legal, technical and operational concerns at the prospect of weapons systems that would select and attack targets without further human intervention. What's paramount is an objection to giving a machine the power to — on its own — take a human life on the battlefield or in law enforcement and other situations.

What other drawbacks are there?
Fully autonomous weapons would be prone to many possible failures including malfunctions, communications degradation, software coding errors, enemy cyberattacks or infiltration into the industrial supply chain, jamming, spoofing, decoys, other enemy countermeasures or actions.

Would such a machine be truly autonomous and completely free-thinking?
Once deployed, they would be able to select and fire on targets without meaningful human control. Although they do not yet exist yet, the development of precursors and military planning documents indicate that technology is moving rapidly in that direction.

Surely all of their operations would be lawful?
There are grave doubts that fully autonomous weapons could ever replicate human judgment and comply with the legal requirement to distinguish civilian from military targets. They would be prone to cause civilian casualties in violation of international humanitarian law.

DMITRY BELYAEV, METRO WORLD NEWS

Inside us all

A child of the Yanomami tribe / GETTY IMAGES

Amazonian tribe study shows how human bodily bacteria is changing

Everyone's body is brimming with bacteria, and these microbes do plenty of good things like building the immune system and helping digestion. But modern diets, antibiotics and hygiene seem to be reducing the range of microbes occupying our anatomy.

A study published on Friday looking at the gut, mouth and skin microbes in people from a small, isolated tribe in southern Venezuela's Amazonian jungles shows just how much modern life may be altering humankind's bodily bacteria.

The Yanomami villagers, secluded from the outside world until 2009, possessed the most diverse collection of bacteria ever found in people, including some never-before-detected in humans, said the research appears in the journal Science Advances. The researchers were surprised to learn the Yanomami's microbes harbored antibiotic-resistant genes including those conferring resistance to manmade antibiotics, considering they never had exposure to commercial antibiotics. **REUTERS**

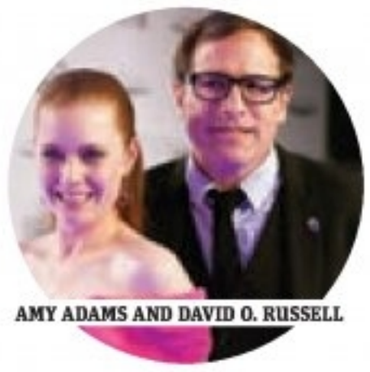
1 Miley Cyrus loves rock 'n' roll, as well as Joan Jett

Miley Cyrus wore nipple pasties at the Rock and Roll Hall of Fame ceremony Saturday. Are you shocked? Of course you are! You'll also likely break a monocle reading her intro for inductees Joan Jett and the Blackhearts. "I'm going to start off this induction with the first time I wanted to have sex with Joan Jett," Cyrus told a packed house while wearing another, pastie-less dress. But more shocking is that the anecdote was less salacious than sincere. "We were in her bathroom, and we were smoking and just talking, and this was one of the moments in my life where I wanted to be as present and absorb everything that she said to me," Cyrus says. "Joan's music, her activism, who she is — in all of our lives, all of us are going to experience people who try to tell us who to be and what to be. F— those people!"

Miley Cyrus sang some rock 'n' roll. Ignore the pasties. / ALL IMAGES GETTY IMAGES

2 David O. Russell may have been a jerk to Amy Adams

Last week Wikileaks did their thing and released over 40,000 more private emails from the Sony hack that happened in December, but so far it doesn't appear this new batch will lose any exec their job. One juicy bit is that it appears once-troubled, now-golden director David O. Russell may still be kind of a jerk on-set. The filmmaker who enraged George Clooney on "Three Kings" and was caught screaming at Lily Tomlin on "I Heart Huckabees" allegedly cleaned up his act and was rewarded with three monster hits in a row. But leaked emails reveal that while making "American Hustle," he was abusive to cast and crew alike, including Amy Adams. "He grabbed one guy by the collar, cursed out people repeatedly in front of others and so abused Amy that Christian Bale got in his face and told him to stop acting like an a—hole," reveals one email. When the guy who famously blew up on the "Terminator: Salvation" set thinks you've gone too far, look out.



AMY ADAMS AND DAVID O. RUSSELL

3 Ariana Grande's dad acts like a creepy dad

It's one thing for Big Sean to make a naughty double entendre about his thing with Ariana Grande. It's another for her dad to get involved and act, well, like a dad. Big Sean had posted a picture to Instagram of him with a Detroit Tigers cap, writing: "I gave her that D… #Detroit." Hello, nurse! Then her dad, Edward Butera, got involved, writing in the comments section, "that D. better be Detroit Sean." Not since the old "Saturday Night Live" sketch with Steven Seagal as a pop scaring his daughter's date has a guy's interaction with a girl's father been this awkward and unfunny.

CHECK THAT LAST COMMENT. YIKES!

Daily video

Celebrities name first films that made them cry

Late last week someone recut Matthew McConaughey's crying jag from "Interstellar" so it looked like he was weeping, like so many of us, at the new "Star Wars VII" trailer. Now there's a real video of famous film people reminiscing on the films that really made them cry. Daniel Radcliffe reveals he shed some for "Life is Beautiful," Chiwetel Ejiofor lost it at "Schindler's List" and both Lee Daniels and Oprah Winfrey got misty over "Love Story." Meanwhile Lupita Nyong'o went not with a film but with one of the Charlie Brown specials, in which Linus loses his blanket. If you're asking, my first cry was over "Revenge of the Nerds II: Nerds in Paradise."

4 Sofia Vergara holding ex's frozen embryos 'indefinitely'

Vergara will have the last laugh.

Perhaps your relations with an old flame are frayed, but at least they're not as weird as the one between Sofia Vergara and ex Nick Loeb. Loeb has been saying the "Modern Family" star destroyed some frozen embryos they might have used. But Vergara is saying otherwise. "The claims made against Sofia Vergara by Nick Loeb are uncredible and hold no merit," her attorney, Fred Silberberg, told People. "Vergara, who has happily moved on with her life, is content to leave the embryos frozen indefinitely as she has no desire to have children with her ex, which should be understandable given the circumstances." So she's keeping them just to prove she doesn't care? That's kind of badass.

2 CULTURE

Twitter feed

Today, Ken Jennings has a great idea, Sarah Silverman is accepting new cultural norms and Olivia Wilde is self-impressed.

@KenJennings:
BLACK MIRROR episode idea: Burgess Meredith sits down happily with a Kindle full of books…only to find his battery is at 1%

@SarahKSilverman:
It's fun to let yourself absorb new cultures like I went to England for 2 wks & I'm already brushing my teeth way less

@oliviawilde:
I just made a breakfast sandwich and then stood back in awe like I had discovered the cure for blindness. #smallvictories #lowstandards

THE WORD

Matt Prigge takes on the world of gossip.

MATT PRIGGE
@mattprigge
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DAENERYS HAS A REUNION

The Mother of Dragons makes time for some family bonding. / HBO

"Thrones" on the Web

WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more of him at **Winteriscoming.net.**

The second episode of this season of "Game of Thrones," "The House of Black and White," continued the premiere's focus on tying up loose ends and setting up the conflicts to come. "Game of Thrones" is definitely building toward something, and knowing this show, it's probably something bloody.

Episode MVPs

After sitting the premiere out, Arya Stark arrived in Braavos and gained admittance to the House of Black and White, where she'll learn from an old friend how to be the best little assassin she can be. However, the stars of her section were the gorgeous exterior shots of Braavos, a crisscrossing network of dirty canals under a cloud-covered sky.

The show continued to flaunt its expanded production budget when Brienne of Tarth, who finally tracked down Sansa Stark only to have the young woman refuse her offer of help, participated in a thrillingly choreographed chase on horseback. Before, "Game of Thrones" had to space these displays of opulence out, but a beautifully photographed visit from one of Daenerys' wayward dragons toward the end of the hour proved that the show is now the visual equal of any Hollywood blockbuster.

Finally, at the Wall, Jon Snow was elected Lord Commander of the Night's Watch thanks to some campaigning by Sam. His new position forces him into a close working relationship with Stannis Baratheon, whose arrival has invigorated what used to be one of the more inconsistent storylines.

Questions for next week

This episode gave us our first glimpse of Dorne, the arid homeland of fan favorite Oberyn Martell. We'll be seeing a lot more of it soon, as Jaime Lannister intends to smuggle himself into the country to retrieve his daughter Myrcella, who was shipped there back in Season 2. Producers have hinted that this season will break away from George R.R. Martin's novels, and Jaime's arc certainly looks nothing like his activities in the books. The new direction makes some fans nervous, but it's also exciting since no one can honestly say they know what's coming.

Battles ahead

BRIENNE OF TARTH
HBO

Crazy rumor corner

According to an article in the New Zealand Herald, Brienne (Gwendoline Christie) may soon fight Gregor "The Mountain" Clegane, best remembered for crushing Oberyn Martell's skull with his bare hands last year. The Herald spoke with Christie about the coming season, but this information didn't come by way of a direct quote from her, so take it with a grain of salt.

HOW TO GET AHEAD

Are online courses right for you?

We weigh the pros and cons.

JULIA WEST
@MetroBOS
letters@metro.us

It's no surprise that online college courses are quickly gaining popularity. Between hectic schedules, multiple jobs and family responsibilities, classes that offer some flexibility are in high demand. But are they the right route for your collegiate goals?

It's important to first consider what it takes to succeed at online learning. Having self-discipline, staying motivated and being extremely organized are key, according to Clara Piloto, director of global programs at MIT Professional Education. A decent grasp of technology is also a bonus.

Ralph Rogers, the executive vice president of academic affairs at Nova Southeastern University, agrees. "Maintaining a regular schedule to work on your studies is crucial and takes discipline," he says.

We asked Rogers what students thinking about online education should consider before singing up.

Taking classes in your kitchen has its advantages — and drawbacks. ISTOCK

How do you learn best?

Acknowledging that you're not quite cut out for online classes is important. "Learning is basically a social activity," says Piloto. "Many learners get energized by being in class — interacting physically with other learners by touching, holding and doing." If this learning style works best for you, online courses may not be the smartest move.

Look at your other commitments

Personal situations can strain a student's ability to commit to coursework. For those with responsibilities outside of school, online courses are often a great alternative to the traditional classroom. "Full-time workers or students with child care responsibilities are typical of those who benefit from studying at times convenient to them," explains Rogers. "[Online courses are] especially helpful if you travel a lot for work, have a family, disability or are in the armed forces," adds Piloto.

You won't be alone

Piloto adds that educators are aware of this social itch and are working to add more of a social aspect to online learning as a way to engage students. "Technology, pedagogy and better understanding of learning styles are leading to a more personalized approach to education," says Rogers. With the right balance of technology, social interactions and discipline, online learning may be just the ticket for the right student.

It's not just you — everyone wonders if they are qualified for the job. ISTOCK

Four thoughts every new grad has had while job hunting

We've all been there: sifting through what seems like an endless sea of job postings, trying to find our dream job. It can be frustrating, to say the least — and if this sounds like your life right now, know that you're not alone. We've got some helpful advice about the questions all new grads are probably asking themselves right now.

"Am I really good enough to apply to this job?"
Realistically speaking, you're probably not perfect for the job. But chances are, the other candidates who apply are likely in the same boat. Keep in mind that you also have qualities that may be useful to the role that the recruiter may not have even considered — it's up to you to show them you can do it.

"These recruiters are probably rolling in candidates 100 times more qualified than me."
New grads tend to think that recruiters always have a ton of qualified candidates vying for their roles at any given time. While it may feel like the odds aren't in your favor, you never know unless you apply.

"I should pump out 10 more cover letters today."
While it's important to write a customized cover letter for each application you send out, don't feel like you need to craft each one from scratch. Consider creating a template and filling in the employer's name in each empty field. Ensure there is at least one paragraph left open where you can express your knowledge about that company — as long as it shows you've done your research, your cover letter is doing its job.

"Seriously, where am I supposed to get five years of experience for an entry-level job?"
It's easy to feel like all these minimum experience requirements are simply a recruiter's attempt to kick you while you're down, but they're not — there's a reason certain jobs need experienced candidates. When you're just starting out, it's important to keep your eyes open. You might not start off in your target industry, so try getting an entry-level position that will help you develop related skills that can eventually help you get the job you want.

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Even inept supervisors can influence your path.

How a bad boss can teach you valuable career lessons

MEGHAN POOLE
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While everyone wishes otherwise, almost everyone reading this will have to work for a bad boss at some point in his or her life. But author Merritt Watts has a provocative theory about the impact of bad bosses on younger workers — and that's that those workers will benefit in the long run.

Watts' latest book, "First Jobs: True Tales of Bad Bosses, Quirky Coworkers, Big Breaks, and Small Paychecks," compiles 50 stories (good and bad) about the various first jobs a wide variety of Americans have had over the years.

We caught up with Watts to ask her why it is important to stick it out and work with bad bosses at a first job.

Self-discipline and working independently are two of the skills you can learn from a bad boss. ISTOCK

You'll learn valuable lessons

"Having a bad boss at your first job is not going to derail your entire career," Watts points out. "It's teaching you one of the most important things in the workforce, which is how to deal with people. When you have a bad boss, you're forced to make it work, so I would arguably say that this is one of the most important skills you can learn," she says.

It will help you grow

"As teenagers, your brain goes through this huge neurological development, and you're forming new connections, so you're learning frontal lobe skills, such as calming yourself down when you're really mad or how to have a confrontational conversation without blowing up," Watts explains. "So if you're in this position for emotional growth, but you're not putting yourself in situations where you're forced to deal with it, then you're not acquiring that skill, and that's going to haunt you."

It's a trial by fire

"Almost everyone has been there, and you have to realize that this is your first relationship with someone who is not your parent and not your teacher, and they just want the job done," she says. "Think of it as a rite of passage and a way to bond with your co-workers."

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Business & Baseball

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Former CEO and Chairman, General Electric

John Henry
Publisher, The Boston Globe
Principal Owner, Boston Red Sox

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Horoscope

♉ Taurus | April 21-May 21
There is so much going on that you may have trouble keeping up. You will come out ahead if you keep your priorities straight.

♊ Gemini | May 22-June 20
Delays, stress and frustration will ensue if you need to deal with governmental or bureaucratic agencies. Keep your important documents in order if you want to save yourself time.

♋ Cancer | June 21-July 22
Groups that you feel strongly about will benefit from your input. Don't be surprised if you are asked to assume a leadership role. Your investment of time and effort will raise your profile.

♌ Leo | July 23-Aug. 22
You will waste time if you get caught up in a verbal battle. Be an observer, not a participant. Choose an outlet that will keep you out of the line of fire..

♍ Virgo | Aug. 23-Sept. 22
Share your innovative and valuable ideas. You will gain ground over your competitors if you are assertive. Take advantage of every opportunity that comes your way in order to triumph.

♎ Libra | Sept. 23-Oct. 22
You have a heart of gold, but you mustn't donate to every cause or organization that approaches you. The best investment you can make is in yourself.

♏ Scorpio | Oct. 23-Nov. 21
You will be oversensitive regarding personal matters. Don't let this get you down. Patience will help you ride out the storm and then some.

♐ Sagittarius | Nov. 22-Dec. 21
There is money to be made. Going the extra mile at work will be worth the effort. You will be recognized for your discipline and determination, and handsomely compensated.

♑ Capricorn | Dec. 22-Jan. 20
Spread your wings. If there is something you have been wondering about or deliberating, take the plunge. You will probably wish you had done so sooner.

♒ Aquarius | Jan. 21-Feb. 18
Personal problems will upset you. Be careful not to judge others or take sides. Remain neutral until all the facts are in and you feel certain that you can make the right choice.

♓ Pisces | Feb. 19-March 20
Reconnect with old friends or distant family members. A telephone call or email will help to strengthen the bonds between you. A minor windfall or debt repayment is forthcoming.

♈ Aries | March 21-April 20
Change is in the air. With your intuition and dedication, you will be in an ideal position to take advantage of an opportunity that lies ahead. EUGENIA LAST

Letters to the editor

Minimum wage, supersize dreams

Yes, $7.25 is too low for most people and the fact that they can't work a 40-hour week is bad also, but $15! It will never happen. I can only assume they started ridiculously high to have some bargaining room. McDonald's has said they are raising the minimum to $10. That is a good compromise and one that most likely will not change. There are people in professional jobs who have training who are making $15 and they should be due to their training, but the fast-food workers are really living in a dream world if they think $15 is ever going to happen unless they want to stay and keep getting promoted to higher positions where $15 and up is the norm.
MICHAEL WHITE, VIA EMAIL

Pot is no crime

April 20 as National Pot Day makes sense. Consumption of marijuana for both medical and recreational use is part of mainstream America, transcending generations. Creative entrepreneurs will always provide the citizens' desire, regardless of government approval. Consumers have voted with their dollars, making marijuana consumption a multibillion-dollar enterprise today. Legalize it and add a sales tax. Revenues will more than cover the costs of any abuse. Our tax dollars will be better used if police and judges spend more time prosecuting those who commit real crimes against individuals or property than going after those who consume or distribute marijuana. Citizens have more to fear from murder, arson, rape, muggings, robberies, auto and identity theft or home break-ins than individuals who get high in the privacy of their own home. Law enforcement authorities should be free to pursue those who commit real crimes against citizens and property.
LARRY PENNER, VIA EMAIL

letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

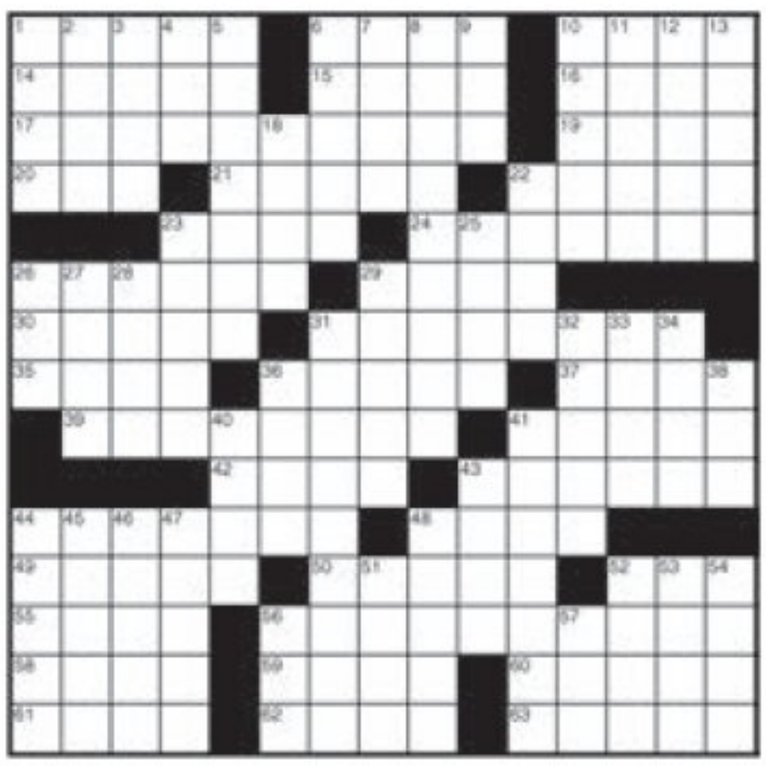
Sudoku: Easy and hard

		3			6	5		
		4		3				7
	7	1					3	4
			7	6	4			5
4				5				2
7			2	1	8			
2	3					9	5	
1				8		4		
		5	1			6		

	4		8			9		
		2	6	5				4
6	1		4					5
		8	9				3	
			7	2	8			
	5				3	8		
5					1		9	6
9				8	4	1		
		1			6		4	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across
1 Fishtailed
6 Long-distance line
10 Aspen transport (hyph.)
14 Take the podium
15 Experts
16 Diva — Ponselle
17 Type of sausage
19 Appliance
20 Thing on a ring
21 Thesaurus man
22 Pond growth
23 Ho Chi —
24 Gorges formed by a river
26 Purpose
29 Germinated grain
30 Flattened bottle
31 Very unpopular
35 Berets
36 Dossiers
37 Cable car
39 Farmers' attics
41 Pale yellow
42 Louts
43 Threw the rider
44 Kidney stones
48 Hogshead
49 Back biters?
50 Fill the seams
52 Impress and then some
55 Alan or Cheryl
56 Big buzzers
58 Love, to Picasso
59 — mater
60 Weight deductions
61 Answering machine sound
62 Nefertiti's god
63 Cure salmon

Down
1 Egg part
2 Indy champ — Luyendyk
3 Like permed hair
4 Dog days in Dijon
5 Oil rig feature
6 Novelist Evelyn —
7 Ranch measure
8 Legal precedents (2 wds.)
9 Mach 1 exceeder
10 Honestly!
11 Beatnik's drum
12 Like pagodas
13 Hourly fees
18 Is obstinate
22 Con
23 Topsy-turvy
25 Yodeler's perch
26 Repeatedly
27 Humdrum
28 "She's a Bad Mama —"
29 Turns to slush
31 No piece of cake
32 Pile up
33 Viking name
34 Mental fog
36 Colt or filly
38 Glove sz.
40 Costello and Rawls
41 Old firearms
43 Pet toy
44 B, in music (hyph.)
45 Texas tourist site
46 Enticed (2 wds.)
47 Tight-knit team
48 Cigar type
51 Hunter's need
52 Dynamic prefix
53 Year fraction
54 To be, to Brutus
56 Moo companion
57 Thud

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3

SPORTS

Marathon Monday

Sox vs. early birds

The Red Sox have already seen a.m. baseball this season, courtesy of their 19-inning win at Yankee Stadium on April 10. Monday, the morning hardball is scheduled as the Sox will take on the Orioles beginning at 11:05 a.m. (NESN). Justin Masterson (1-0, 7.59 ERA) will get the ball for the Sox while Wei-Yin Chen (0-0, 4.35 ERA) will throw for the Orioles. The Red Sox will be on a plane to Tampa Bay later Monday with a 7 p.m. game against the Rays.

Visit **Metro.us** to see where Marcus Mariota falls in our latest mock draft.

Marathoners look for ways to prevent overuse injuries

Boston Marathon. A long-distance runner's worst enemy is wear and tear.

Thousands of runners will make their way from Hopkinton to Boylston Street in Boston on Monday as part of the 119th running of the Boston Marathon.

For these runners, Monday is the day they have been looking forward to, as they have trained for months with the 26.2 miles on their mind — many even fighting through injuries along the way.

But what if injuries were never even a concern?

That is what The Micheli Center for Sports Injury Prevention in Waltham has been doing for runners since opening its doors two years ago.

"The concept is an athlete comes into the center and, depending on the sports they play, [they'll spend] anywhere from two or four hours with us and we'll measure everything that is related to the risk of sports injury," said Dr. William P. Meehan III, the director of The Micheli Center, via phone last week. "From the shape of their bones and the angles they make. Range of motion of their joints. Strength and endurance. Flexibility. How they train. How many hours a week they train. Sleep patterns. At the end of the assessment they get a printout of the injuries they are at highest risk for and then the prescription of how they can reduce those injuries."

Marathoners often battle "overuse injuries." / GETTY IMAGES

Most of their clients are — in fact — runners, as they have had over 500 runners come through the center, totaling over 3,000 appointments. Meehan noted they saw a boom around January and February when their training got underway.

The majority of injuries for runners, particularly marathon runners, are because of overuse. Meehan and his staff work with their patients to best prevent these types of wear-and-tear injuries from happening.

"Running is unique as a sport because the risk is higher for overuse injuries than acute injuries," Meehan said. "Acute injuries are sort of just cutting in one direction and a move might have torn an ACL and that is uncommon in long-distance running. Running is repetitive microtrauma over the course of hours while you train. Marathoners are at particular risk for this because they run for so long and they run so many more miles than a person running a 10K or a 5K. It turns out the way you run — your technique and where your muscles are strong and weak, and your flexibility can affect the risk of those repetitive overuse injuries."

RYAN HANNABLE
@RyanHannable
sports@metro.us

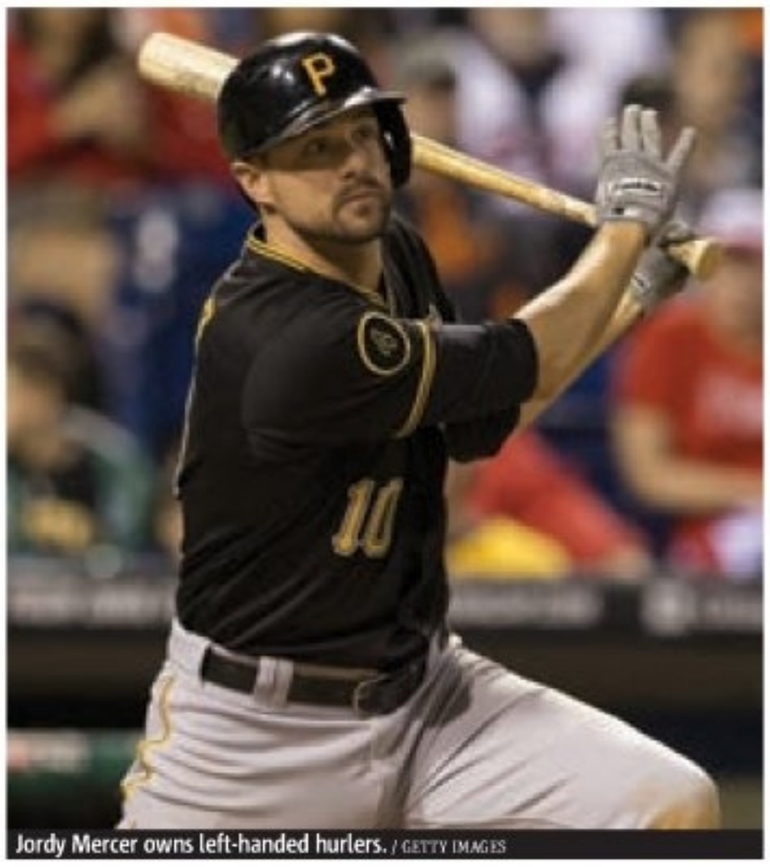
DIVING INTO DAILY FANTASY

The average person who watches a nationally televised baseball game is 55 year old. Luckily for Major League Baseball, daily fantasy sports (DFS) is here to save the day.

The powers at MLB know it, as they've officially signed a partnership with a DFS site. It's the next big boom, the next poker craze and the reason we want to watch Indians at Twins on a May evening. Some basic strategy for beating these one-day salary cap games and picking up some extra pocket change this baseball season:

Splitting hairs

There are a mountain of stats we can look at when deciphering a hitter vs. pitcher matchup. If we can only look at one, it should be a player's splits. Everyone knows that most righty batters prefer to face lefties — but to what degree? A player like Jordy Mercer absolutely crushes lefties and is borderline inept against righties. His DFS price doesn't reflect this though, giving him tons of value when he faces a southpaw. If that southpaw has bad splits against righty hitters, we've struck gold.



Jordy Mercer owns left-handed hurlers. / GETTY IMAGES

Fading the chalk

Baseball is a unique sport because a player can fail 70 percent of the time and be a Hall of Famer. It's not like basketball or football, where we can reasonably project a narrow range of outcomes for each day. Therefore, a contrarian approach for large-field DFS tournaments is the only way to roll. If Mike Trout is facing Kyle Kendrick in Coors Field, we know 60 percent of our opponents are going to use him. If we also use Trout and he does go off, we gain nothing. But if he goes 2-4 with two singles or (gasp) 0-4, we've virtually eliminated 60 percent of the field.

Down with BvP

How a batter has fared historically against a pitcher (BvP) is a controversial stat because so many holes can be poked in it. Typically, the sample size is not big enough for BvP to be relevant and many of the at-bats are out of date. We also know players make adjustments over time. Furthermore, many DFS players use BvP as one of their primary tools, which drives up the ownership for very questionable reasons. For all those reasons, I do not use BvP at all in my research.

FANTASY SPORTS
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NBA

Celtics start strong but fizzle late in Game 1 loss

Of the 16 teams in the NBA playoffs, it could easily be argued that the Celtics are the surprise team of the field, based on preseason expectations. Early in Sunday's Game 1 Eastern Conference quarterfinals series at Quicken Loans Arena, the C's looked as though they were going to cook up the ultimate surprise — that of a below-.500 team upsetting a LeBron James-led Cavs team in the postseason — but the Cavs wound up dominating the second and third quarters and won, 113-100, to take a 1-0 series lead.

Kyrie Irving's buzzer-beating 3-pointer right before halftime underscored a 35-point second quarter by the Cavaliers. Irving would finish with a game-high 30 points in his first career playoff game, hitting five 3-pointers on the day.

"We did not do a very good job of making it difficult for them to score," Celtics head coach Brad Stevens said. "Offensively, we were good in the first half and defensively we were good in the second half. But we never really put it together."

The Celtics raced out to a 31-27 lead after one quarter but the Cavs made a big run in the third quarter, at one point building a 19-point lead.

Isaiah Thomas led the Celtics in scoring, totaling 22 points off the bench in 32 minutes of action. Only Evan Turner was on the court more for the C's as he played 34 minutes, finishing with 12 points. Kelly Olynyk had a strong game off the bench for Boston, scoring 12 points.

The Celtics "held" James to 20 points while Kevin Love registered 19.

"I thought we did as good of a job on LeBron as we could have done," Stevens said. "Kyrie, I thought we defended really well on his shots, but he just hit [them]. He's a great shot maker."

The Cavaliers thrived on the offensive glass, pulling down 15 offensive rebounds.

Game 2 of the best-of-seven series is Tuesday (7 p.m., CSNNE) in Cleveland.

MATT BURKE

Kyrie Irving scored 30 points for the Cavs in Game 1 Sunday. / GETTY IMAGES

By the numbers

13

The Cavaliers attempted 31 3-pointers against the Celtics in Game 1, hitting 13. By comparison, the Celtics attempted 22, hitting just eight. Kyrie Irving alone made five 3-pointers in the Cleveland victory.

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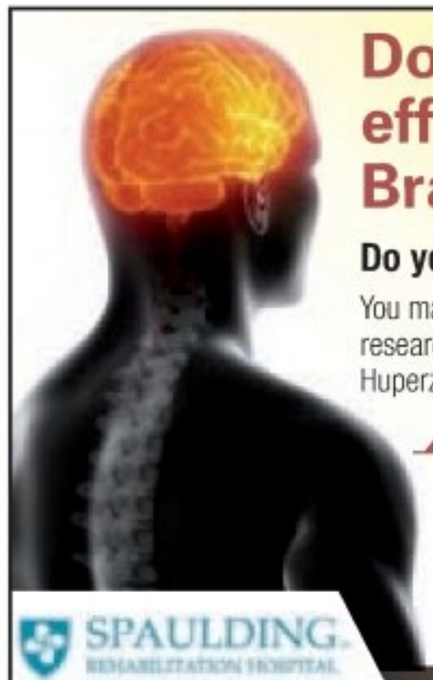

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For more information please contact Voula Christopoulos at 617-724-8592 or at vchristopoulos1@partners.org

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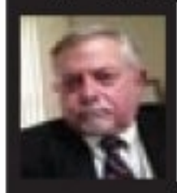

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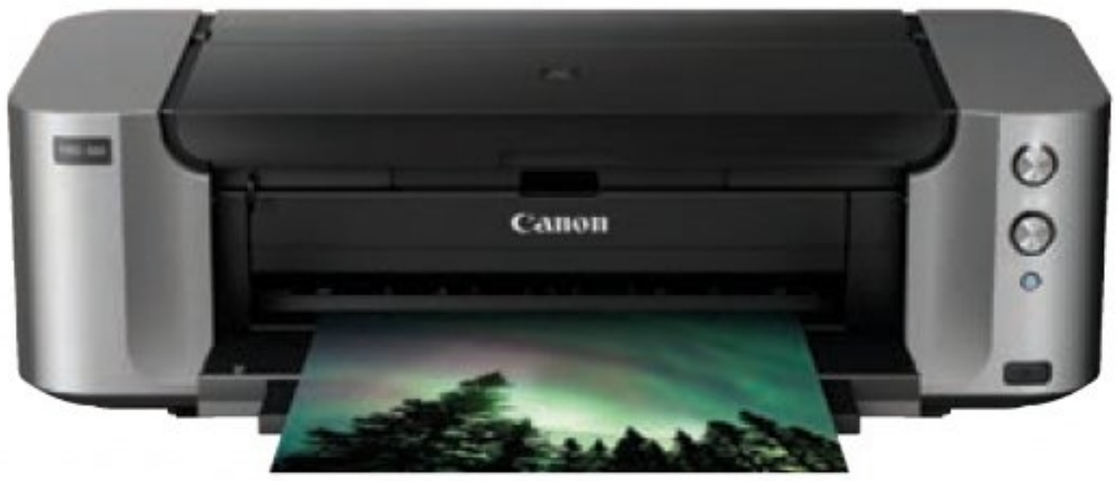

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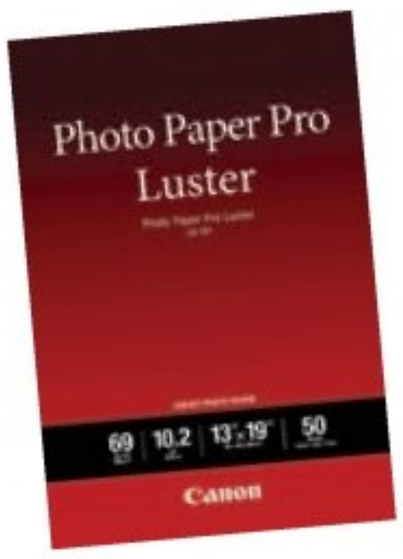

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